# with Leitz Ergo

# Anisha Joshi, Award Winning Osteopath

'We know that one of the main causes of pain is lack of movement! So, when I saw the Leitz Ergo range of products which encourages movement, the one thing I tell all my patients to try and do at their desk I was very excited!'



## Leitz Ergo Active Sit-Stand Stool

Move between sitting and standing while you work. With rounded base to encourage active. Height adjustable from 46 to 79 cm.



#### Anisha says...

'My recommendation to help your back as the rounded base encourages active movement by swivelling and rocking.'

65180019
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# Leitz Ergo Standing Desk Converters

Compact and easy to adjust between sitting and standing heights.



#### Anisha says...

'Allows the flexibility to move between sitting and standing while you work, invaluable in addressing lower back, hip, and neck strains.'

 
 700W x 350mmD
 65330085

 With pull out tray -800W x 420mmD
 65320085

# Leitz Ergo Multi-Angle Laptop Riser

6 different height and angle combinations. Suitable for 13" to 15" laptops.



#### Anisha says...

'Great addition to any set up, raising the height of your laptop screen to reduce neck strain.'

64240001



# Leitz.com/ergo

# Leitz Ergo Rocking Footrest

Promotes a healthy posture and can be flipped over to use as an ankle rocker. Hand-washable cover.



#### Anisha says...

'Really good for circulation, helping to prevent stiffness in your feet throughout the day. **My favorite**'

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# Leitz Ergo Adjustable Laptop Riser

4 different heights to choose from. Keeps laptops cool by promoting airflow. Suitable for laptops from 13" to 17"



#### Anisha says...

'Sturdy to carry heavy laptops and bring them to eye level whilst working. It also fits in my rucksack to take it into clinic'

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# Leitz Ergo Seat Cushion

Reduce discomfort, fatigue and stiffness that can result from extended periods of sitting. Hand-washable cover.



#### Anisha says...

'Perfect for health conditions such as sciatica, as it relieves spinal pressure.'



# Leitz Ergo Active Sitting Ball

Ideal for use as an additional desk chair to keep you active while you work, a yoga ball, or for back stretching exercises.



### Anisha says...

'I love the Active Sitting Balls because they do the one thing I always shout about. Promote movement at your desk'

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#### Terms and Conditions:

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